

GELAKO Jarduera Gidatuak

Actividades dirigidas de SALA

2024 – 2025

EIBAR KIROLAK



TONIFIKAZIOA ETA KARDIOA	KOREOGRAFIAK ETA DANTZA TXIKI	GORPUTZ + ADIMENA - CUERPO + MENTE	SENIORS +65 +75	OSASUNA - SALUD	KIROLAK - DEPORTES
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IRAUPENA / DURACIÓN 50 minutu

IPURUA GIMNASIOAK

2024 - 2025

ORDUA	AS / L		AR / M		AZ / X		OG / J		OT / V	
	Gim 1	Gim 2	Gim 1	Gim 2	Gim 1	Gim 2	Gim 1	Gim 2	Gim 1	Gim 2
09.30	INTEN. BAXUA/ BAJA INT.				INTEN. BAXUA/ BAJA INT.					
10.00		PILATES MATT		ZUMBA		PILATES MATT		ZUMBA		IBILIXAN
10.30	SENIORS +75				SENIORS +75					
11.30			SENIORS +75				SENIORS +75			
15.00		PILATES MATT				PILATES MATT				
16.00	INTEN. BAXUA/ BAJA INT.		MUGIGELA		INTEN. BAXUA/ BAJA INT.					
16.10		DZA 2010				DZA 2010				
17.00		RD 2017/16/15		RD 2020/19/18		D TX 2014/13		RD 2020/19/18		RD 2017/16/15
17.50		DZA 2011		DZA >2009		DZA 2011		DZA >2009		D TX 2014/13
18.40		DZA 2012		DZA >2008		DZA 2012		DZA >2008		
18.15			DEP AD				DEP AD			
19.00			123 FORMAn				123 FORMAn			LEHIAKETA / COMPETICIÓN (*)
19.30		GYM JAZZ hasi./inic.		GYM JAZZ tart./inter.		GYM JAZZ hasi./inic.		GYM JAZZ tart./inter.		
20.20		DZA >2007 aurr./avan.		AEROBIC		DZA >2007 aurr./avan.		AEROBIC		

GIM 1= Squash-gimnasioa Gim 2= Dantza-gela

(*) LARUNBATETAN/SABADOS : LEHIAKETA/COMPETICIÓN 10:00-11:30 / 11:30-13:00

IPURUA SALAK

2024 - 2025

ORDUA	AS / L		AR / M		AZ / X		OG / J		OT / V	
	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2
09.00				K-STRETCH				K-STRETCH		
09.30			GYM BICI seniors				GYM BICI seniors			
10.00		PILATES				PILATES				
10.30	GYM BICI seniors		GYM BICI seniors		GYM BICI seniors		GYM BICI seniors			
17.00				PILATES MATT				PILATES MATT		
18.00				PILATES MATT				PILATES MATT		
18.30		YOGA	SPINNING			YOGA	SPINNING			
19.00				PILATES MATT				PILATES MATT		
19.30			SPINNING				SPINNING			
19.45		YOGA				YOGA				
20.00				K-STRETCH				K-STRETCH		

Sala 1= Spinning-gela Sala 2= Pilates-gela

ORBEA SALAK

2024 - 2025

ORDUA	AS / L		AR / M		AZ / X		OG / J		OT / V	
	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2
10.00		PILATES MATT	PILATES MATT			PILATES MATT	PILATES MATT			
10.30				SENIORS +75				SENIORS +75		
11.00		SENIORS +60				SENIORS +60				
11.30				SENIORS +75				SENIORS +75		
16:45		RD 17/16/15				RD 20/19/18				
17.00	D TX 2014/13			DZA 2012/2011	D TX 2014/13			DZA 2012/2011		RD 2020/19/18
17.50		DZA >2007 Tart./inter.				DZA >2010			DZA >2007 tart./ inter.	RD 2017/16/15
18.00	ZUMBA			PILATES MATT	ZUMBA			PILATES MATT		
18:40										DZA >2010
19.00	ZUMBA	FIT TONE	PILATES MATT	PILATES MATT	ZUMBA	FIT TONE	PILATES MATT	PILATES MATT	SALSA *	
20.00	ZUMBA	CROSS TRAIN		ZUMBA	ZUMBA	CROSS TRAIN		ZUMBA		

(*) Berrria /nuevo